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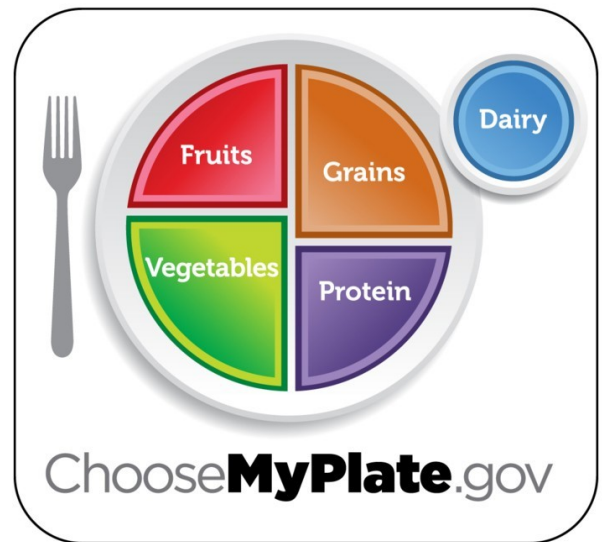
Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



10 Tips for Healthier Meals

Making healthy choices can be beneficial to your body. Healthy meals can help manage and prevent chronic diseases such as: diabetes, heart disease and obesity. Nutrients from food are necessary to ensure the body is functioning properly. Nutrients can also come from beverage choices. It is also important to incorporate physical activity and social environments. See the following for healthy eating tips:



1. **Plan Healthy Meals.** Seek advice from a registered dietitian nutritionist and/or physician to know what and how much to eat, and find different ways to season and prepare meals that meets the Dietary Guidelines for Americans.

2. **Read the Nutrition Facts Label.** Talk to your doctor to see if there are any nutrients you need more or less of. The nutrition facts label tells you the serving size, servings per container, calories, fats, sodium, etc. The nutrition facts label can help you make better informed food choices and learn which foods are more nutrient-dense.

| Nutrition Facts | |
|-------------------------------|-----------------------|
| Serving size | 1 potato (148g/5.2oz) |
| Amount per serving | |
| Calories | 110 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 20mg | 2% |
| Iron 1.1mg | 6% |
| Potassium 620mg | 15% |
| Vitamin C 27mg | 30% |
| Vitamin B ₆ 0.2mg | 10% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3. **Know How Much to Eat.** Listed on the nutrition facts label is the portion size. Spend time actually measuring out your servings during meal times. Learning to visualize and measure servings is important. Ask for a to-go box when eating out. Place 1/2 your meal in the to-go box prior to eating to ensure you do not overeat.

4. **Vary Your Vegetables.** Eating a variety of different-colored vegetables throughout the day is important to ensure you are getting a good range of nutrients. Vegetables are a great source of fiber. Be careful to not eat vegetables covered in a butter sauce or cheese.

5. **Use Herbs and Spices.** Use spices and herbs to help add flavor to your foods. Avoid using salt or condiments that have a lot of salt or sugar. Using spices and herbs add flavor without adding calories. Foods can taste different due to the age of the product, how it was processed, and medications.

6. **Keep Food Safe.** Food-borne illnesses can be life threatening for seniors. Throw away any food that is old. Place a date on food when you open it. Make sure you cook and reheat foods to proper temperatures. Use a food thermometer to ensure foods are cooked to the correct internal temperature

| Cooking Temperatures - USDA Food Safety Standards | | |
|---|---------------------------------|---------------------------|
| Food | Type | Internal Temperature (°F) |
| Beef & Veal | Ground | 160 |
| | Steaks, roasts—medium | 160 |
| | Steaks, roasts—rare | 145 |
| Chicken & Turkey | Breasts | 165 |
| | Ground, stuffed | 165 |
| | Whole bird, legs, thighs, wings | 165 |
| Fish & Shellfish | Any type | 145 |
| Lamb | Ground | 160 |
| | Steak, roasts—medium | 160 |
| | Steak, roasts—rare | 145 |
| Pork | Chops, ground, ribs, roasts | 160 |
| | Fully cooked ham | 140 |

References:

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet42ChoosingHealthyMealsAsYouGetOlder.pdf>

https://www.bing.com/images/search?view=detailV2&ccid=yHM5CZBf&id=59577A8D1CC9FDD2058D006D6C7DD9A982E76F90&thid=OIP.yHM5CZBfi0A VPMI2EmWFHQAAAA&mediaurl=http%3a%2f%2fwww.acornadvisors.com%2f2009_KNews%2f09-06-04_Smokin_Grill%2fimages%2fTemp_Chart490.jpg&exph=300&expw=450&q=cooking+temperature+chart&simid=608002586903907701&selectedIndex=46&ajaxhist=0

7. **Drink Plenty of Liquids.** Limit beverages with sugar and/or salt. Drink plenty of water. Include low-fat or fat-free milk or 100% juice to help with hydration. Staying hydrated can help your body function properly and move easier.

8. **Make Eating A Social Event.** Eating in a social environment is more exciting. Participating at a senior center, church pot luck, or simply inviting family and/or friends over for a meal gives you something to look forward to. Try to take advantage of opportunities to eat with others.

9. **Eat for Your Teeth and Gums.** Be sure to eat foods that aren't painful to eat. If you know you are having dental problems, choose foods that are canned or cooked to a soft consistency.

10. **Ask Your Doctor about Vitamins or Supplements.** Have a conversation with your primary care physician to see if you could benefit from a dietary supplement. Talk with your doctor before starting a supplement.

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<https://chfs.ky.gov/agencies/dail/Pages/nutrition.aspx>